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Carmelle leaves her mark

lacey reynolds
campus life editor

Art professor Carmelle Zserdin, BVM, fondly refers to the Clarke art department as her home. She loves the academic environment, deeming it a "completely satisfying ecosystem, rewarding and rich with possibilities." She truly admires the faculty, many of whom have now become lifelong friends.

"They are a wonderful supportive community of artists and scholars," Zserdin says.

After 47 energetic and enriching years at Clarke, Zserdin is ready to retire.

Well, sort of. Despite her certainty that this year is the right time to retire, she can't bring herself to leave "home" just yet.

Zserdin will continue to teach her ceramics class, but she is looking forward to all of the free time she will have for her own art work after retirement. Since she will still be at Clarke, she will have full access to the ceramic studio to work

on her own projects that have been put on hold for so long.

Future plans

"Ceramics is a very physical art form," said Zserdin. "It requires

"There are many ideas I have yet to explore," Zserdin said. "Retiring now to focus on my work while I still have energy and enthusiasm seems like a very good idea. I tell

my students 'you have to live to be 300 to explore all the great ideas possible with clay.' I won't live to be 300, but I love the opportunity to commit myself to my own work."

Zserdin does not only hope to work on her art, but also plans to visit areas rich in art history, read, draw, paint, and learn to cook "picture perfect gourmet style

meals with all the right exotic herbs and sauces."

"Most importantly, I believe retirement will give me the opportunity to slow down, re-evaluate and refocus my priorities," she says. "I will now have more time for reflection and prayer and more time for service within the BVM community."

Continued on page 4



photo by ali herbst

Are you getting enough sleep?

heather haas
staff writer

Your sleep schedule and the amount of sleep you require may change from a child to an adolescent to an adult. Mary A. Carskadon, was the speaker for the 10th annual Mary Murphy, BVM, Endowed Biology Lecture, "Biology and Adolescent Sleep: The Science Behind too Little and too Late." She has done extensive research on inadequate sleep patterns in adolescents.

"As a student who has early classes and usually goes to bed later, I've experienced the lack of sleep symptoms Carskadon mentioned," said Erin Koenen, a junior biology major. "The lecture helped me understand how my body is affected by my sleep pattern."

Carskadon said that things such as excessive sleepiness, impaired learning, poor mood, depression and appetite and metabolic changes are likely due to insufficient sleep. She explained that for young people social pressures favor a later bedtime. Biological pressures favor a delay in a person's biological system and support activities that

occur later in the day. One issue that has caught her attention and concern is early school starting times. Schools require students to rise early, which acts against both the social and biological pressures she has previously researched.

Carskadon is quite experienced in her field as she started studying sleep research in the 1970s

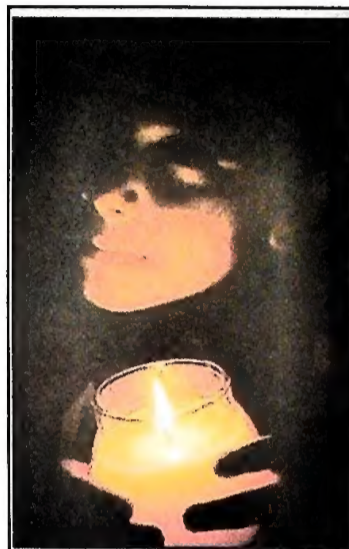
"I was thrilled to have such an accessible lecture attended by so many students."

and Chronobiology shortly after in the 1980s. She now serves as the director of Chronobiology/Sleep Research at E.P. Bradley Hospital. Carskadon is also professor of psychiatry and human behavior at Warren Alpert Medical School at Brown University.

"I was impressed with the way in which Dr. Carskadon presented current and complicated research to a general audience," said biology professor Laura Birch. "She gave a humorous, informative talk about something that we all find interesting—our own behavior."

Chronobiology is the biology related to the timing of events. Circadian rhythm is one such process that influences change in sleep patterns. Carskadon explained this rhythm as "a self-sustained biological rhythm that within an organisms' natural environment are normally synchronized to a normal 24-hour pattern." She explained that, through research, they have discovered major findings suggesting that these rhythms change during

adolescent development due to changing sleep patterns. "I was thrilled to have such an accessible lecture attended by so many students," said biology professor Andy Bixler. "I thought Dr. Carskadon's model of 'sleep pressure' building up over the course of the day was interesting. It made me think about how taking a nap makes it less likely I can sleep at night because I have prevented the sleep pressure becoming as high as it would normally."



Clarke turns out the lights

ali herbst
staff writer

On March 28 people around the world put aside differences in order to vote for one thing we all have in common, planet Earth.

Earth Hour is a movement that was begun in Sydney, Australia in 2007 by the World Wildlife Fund and The Sydney Morning Herald to raise awareness of climate change. This annual event is about conserving energy by turning off all unnecessary lights beginning at 8:30 p.m. local time and remaining with lights out for one hour.

Clarke environmental group, C.L.E.A.N. (Clarke Leading Environmental Action Now), and resident director Summer Zwanziger-Elsinger encouraged students to participate in Earth Hour.

"Awareness is a key part of education," said Zwanziger-Elsinger. "We wanted students to be aware that their actions do matter and have an impact on the bigger picture."

To support the cause, Clarke joined in by having resident assistants dim the lights in the common areas on campus during the hour of lights out.

"The goal of Earth Hour coincides directly with the mission of C.L.E.A.N. and the mission of Clarke College," said Zwanziger-Elsinger. "Part of Clarke's mission is to promote global awareness and social responsibility, which is exactly what Earth Hour is about."

The news about Earth Hour continues to spread. This year, more than one billion people in 88 countries and 4,000 cities participated in the worldwide event. These numbers show significant growth from 2007, when 2.2 million residents of Sydney participated, and since 2008 when more than 50 million households and businesses worldwide were involved.

campus life



Clarke nursing majors hold talent show

arts etc.



Monsters vs. Aliens
Does the audience win?

sports



Men's volleyball finishes strong

weather



High 67
Low 41

April 16, 2009

I disagree**U.S. history in a nutshell**

According to several scientific studies that I cannot cite as I have done absolutely no research, kids these days are dumb. As graduates of the American public education system we are woefully inferior to our foreign counterparts. In fact, according to one especially-fictional study, 99.5673 percent of high school graduates don't know the name of our 37th president (Harrison Ford) or the exact date the Declaration of Independence was drafted (October 5, 1985). This is outrageous. If Americans were any dumber, we'd probably turn

green and sprout leaves. To stop this slide into stupidity, I've taken it upon myself to write up a brief history of the United States for educational purposes. Hopefully I can succeed where your teachers have failed.

Way, way back in the day, people believed the Earth was flat. They thought that if a person sailed out far enough on the ocean, they'd fall off the planet. But one man believed the Earth was round and by sailing far enough a person could travel around the world. So Columbus took three ships, the Nina, the Pinta and the Black Pearl, out into the ocean, where they promptly fell off the edge of the Earth.

No wait. My bad. It turns out that they actually made it to America. Unfortunately, Columbus had consumed an awful lot of seawater on his journey and believed he had landed in India so he assumed that the Native Americans were actually Indians. This led to a lot of tension because the natives preferred to be called by their given name (Chad), but the new settlers thought that was too hard to remember. So they took turns killing each other for awhile, but eventually the natives and the settlers became friends. In fact, in one particularly touching exchange that we still celebrate today (Thanksgiving), the Native Americans taught the settlers their farming techniques, and in return, the settlers taught the them how to die from smallpox.

For a while, nothing too exciting happened aside from a couple hundred witches getting burned alive. But eventually,

Ben Franklin came along. Nobody ever understood what Ben Franklin said as he only spoke in nonsensical axioms (A penny saved is a penny earned, A wise man never plays leapfrog with a unicorn, etc.) so the United States declared independence from Britain in an attempt to shut him up. Of course, Britain wasn't too pleased about this and decided to go to war with us. Fortunately, George Washington was able to repel the British invaders by crossing the Delaware in a canoe and chopping down a cherry tree with his wooden teeth.

Everything was hunky-dory for awhile, until the Southern states got fed up with Abraham Lincoln's beard and decided to secede. What followed was a horrible, bloody war in which thousands of American lives were lost, but at least it gave the History Channel something to cover when people get tired of hearing about World War II.

That brings us to the twentieth century during which lots of stuff happened, the most important of which being the invention of television and Taco Bell. There were also a few more wars and a genocide or two, but it's hard to deny the historical relevance of being able to get a chicken quesadilla at 3 a.m.

So that's it. A complete history of the United States up until this point. Some history professors may claim that my report has inaccuracies or that I obviously just made a lot of things up, but I can assure you that that is probably true.

Nurses perform in talent show for charitykylee miller
sports editor

Senior nursing major Hans Breitbach performs "The King's Paper" at the talent show.

The Clarke Association of Nursing Students (CANS) hosted its third annual Talent Show as a benefit for Camp Albrecht Acres March 25. The event displayed the talents of 20 Clarke students and faculty.

Camp Albrecht Acres is a private, nonprofit organization that operates exclusively on donations, fund raisers, camp fees and grants. The camp is designed to provide a fun outdoor camp experience for children with special needs.

"I thought we had a great turn out," said nursing major Jackie Fleming. "We raised over \$400 which is about the price of one child attending Camp Albrecht for the summer." Fleming performed a duet of the song "For Good" from Broadway's "Wicked" with Carly Mische.

The talent show was not a contest so there were no winners or losers, but there were some very memorable acts. The group called Nevin and Company performed a skit entitled "The King's Paper." The king was searching for his royal paper and multiple women had come with newspapers, term papers, and flyers, but what the king really needed was his toilet paper.

There were many musical soloists including Sarah Bahl who performed a song she had personally written at the age of 16. The night ended with country western line dancing performed by junior Angela Healy and her partner, Dennis Dean.



Jensen Fernando sings "Zoot Suit Riot" at the CANS talent show.

Freshman elected to Regional Honors Boardkylee miller
sports editor

Clarke freshman Molly Fitzgibbons was elected to the student executive board for the state of Iowa when the two Clarke honors Cornerstone classes attended the Upper Midwest Regional Honors Conference April 1.

"I feel honored and really excited about being elected our state representative," said Fitzgibbons. "I will hopefully be attending the National Honors Conference in October, which is in Washington D.C."

At the conference, held at the University of Southwestern Minnesota, 24 Clarke students did presentations on their research topics: The Ugly American Part 1 & 2, and Shakespeare the Breaker of Boundaries.

The conference featured nine different schools which did presentations on a broad range of topics.

"I think my favorite presentation was about ethics in the pharmaceutical department," said freshman Kelsey McNames. "Our presentations were really good too. Our classes had worked really hard on them."



Kristen Anhalt, Allison Hencke, Amanda Stone, Chase Simmons, Katrina Moyna answer questions from the audience about their presentation.

Activities were also provided for students, including a night of salsa dancing and bowling. Students from the same school were separated at meals so that they could get to know students from other schools.

"I hadn't attended a conference previous to this one, so to see how a conference ran and what was expected was a valuable experience for the future," said Fitzgibbons.

Clarke will be hosting the regional conference in 2012. "It'll be our senior year," said McNames. "We're going to make it a great conference."

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April 16, 2009

Wii's 'MadWorld' is no 'Real World'

aaron rhomberg
staff writer

Nintendo Wii's first highly anticipated mature-rated game exclusively for the system has arrived. The game titled "MadWorld" combines elements of "Sin City" and "The Running Man." The player must take down an organization that has created a game in which innocent people are killed. The game is mainly in black and white, and the only color is red for the blood. You play a character named Jack, a former marine who has willingly signed up to participate in the game known as "Death Watch." As Jack, the player is able to use the environment to dismember enemies. Points are gained by coming up with creative ways to defeat your foes. Along the way you learn the true purpose for this game show and what needs to be done to bring down your enemies.

Pros: The game definitely deserves its M rating since the primary goal is to earn points by inflicting a great amount of pain on the opponent. Weapons that are available are tires, signs, a chainsaw, and even a jet engine. There has been a great deal of controversy about the level of graphic violence and profanity throughout the game, but the game's violence is actually cartoonish, and is reminiscent of Looney Tunes.

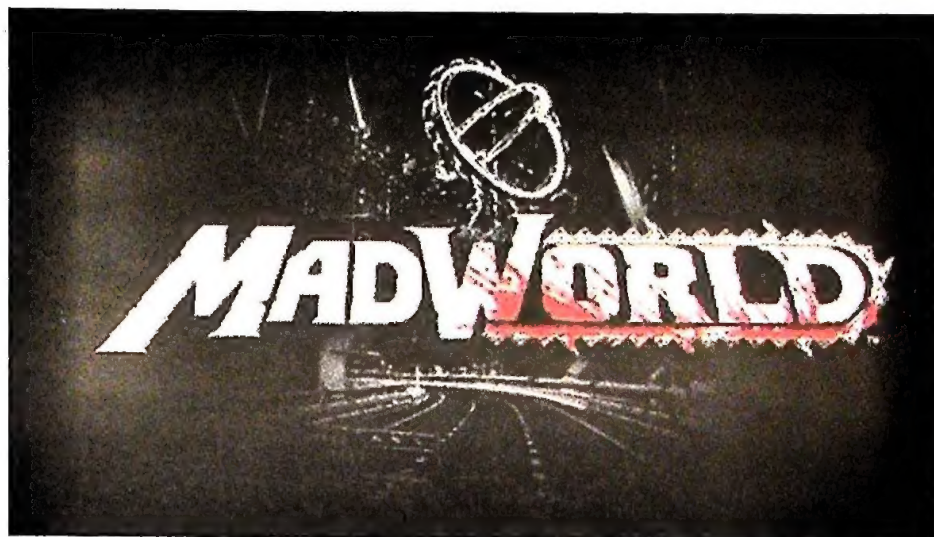
Some other things that make the game fun are the controls. By using the Wii re-

mote, the player is able to interact in the game and decide the outcome as opposed to just sitting in front of the television and mashing a bunch of buttons.

What makes this game enjoyable is the multiplayer option in which up to four people can compete in the mini-game mode. One in particular is called "Man Darts." The objective is to knock as many enemies into a giant dart board before time runs out. Another mini-game is "The Turbinator." This is the most exciting as you battle a friend and see how many villains you can toss into a massive jet engine until either time runs out or you accidentally get too close.

Cons: While the game is enjoyable and easy to get into, it does have its drawbacks. One is the repetitive nature of the game play. It seems that you do some of the same missions over and over and that, at times, can suck the fun out of playing. Another issue is the game's length, which totals just a few hours of game time. What is most frustrating is the save points. Unlike most games where you can save the progress at different times, in this venue you can only save your progress when you complete a full level.

Final analysis: With an interesting plot and great graphics that are rarely seen with the Wii, "MadWorld" is an entertaining game that you and your friends can enjoy.



'Monster vs. Aliens,' Monster Hit

justin curry
arts etc. editor

A movie about two classic horror genre creatures, monsters and aliens, fighting against one another seems like it should be a movie left to Japanese directors. DreamWorks did a good job with their humorous spin of the movie. Monsters that the United States Government has been hiding from the nation are called upon to save us from our impending doom from an alien called "Gallaxhar," played by Rainn Wilson, who is in shows like "The Office" and "The Rocker." This movie is filled with big name actors like, Reese Witherspoon, Seth Rogan, Paul Rudd, Kiefer Sutherland and Stephen Colbert.

Stephen Colbert is the voice of President Hathaway in the movie. Surprising enough the fictional president in the movie is exactly how you would envision Stephen Colbert as president with his humor and short-sighted intellect. The most humorous character in the movie is B.O.B. played by Seth Rogan. He is a scientific mistake, a blue blob that devours anything and does not have a brain.

The creators of the movie also made "Shrek" and "Kung Fu Panda." Both of which are similar to the movie. The main monster is named Susan or Ginormica and is coming to terms with becoming a monster while overcoming the many obstacles in her life. All in all it is a funny movie, but has a comparable plot to other DreamWorks and Pixar movies.

The one thing that makes this movie really stand out is that you can watch it in 3D. The norm in movie watching has become DVD's with Blu Ray compatibility, so you can see the best pictures and the most vivid explosions. There is only one way to top that, in this 3D movie when there are leaves blowing they blow around the audience and when there is an explosion the debris actually falls amongst the crowd. From the start of the movie with a paddleball to the end of the movie with flying monsters, the movie is packed with 3D effects. It is a different experience that is very enjoyable.

The 3D viewing option of the movie is not the only thing that makes it pleasurable. Even though the movie is PG rated there is a lot of mature humor and pop culture references. If you grew up on shows that had monsters or aliens you will really enjoy this movie. The movie often references other alien and monster movies that were a hit like "Evolution," "ET," "Spaceballs," "The Blob" and "Attack of the 50 foot Woman." I suggest this movie to college students who want to watch a comedy that does not need crass humor, beer games, and illegal substances to make you laugh. If you are going to watch the movie in 2D I would recommend waiting till it comes out on DVD.



'Educating Rita' tops off drama season

brenden west
staff writer

After the fall drama "Agnes of God," the winter musical "Really Rosie," and this winter's drama "Two Rooms," it's hard for the Clarke Drama Department to top what it has already achieved. But don't tell that to drama professor Joe Klinebriel who stars as Frank in the upcoming Clarke production of the comedy "Educating Rita" by Willy Russell.

"Like most comedies Clarke performs, it has some laughs but also some touching moments," said Klinebriel. "I'm really looking forward to capping off what has been a phenomenal year of growth for us as a department."

Directed by Clarke drama professor Carol Blitgen, BVM, the story of "Educating Rita" follows 26-year-old Rita, played by senior drama major Valerie Heitzman, a woman from the streets that desperately wants an education. She thus requires the tutoring of Frank, a college professor, a failed poet, and an alcoholic who has lost his spark for teaching. Yet when he meets the younger, eager Rita, Frank takes a deeper look into himself.

The kicker to this play? The size of the cast. "Educating Rita" involves a cast of only two. What's it like working with only one other stage counterpart?

"It's like a shared marathon!" said Klinebriel. "A full-length play like this requires lots of endurance. But it's great in the sense that we really get a detailed sense of what these characters are like, and hopefully we can portray that to our audience."

Klinebriel hinted at subtleties in the costuming which may be a point of interest. "The concept is really interesting," he said. "Frank represents a dying plant, he's burned out, while Rita represents a plant that is just getting ready to bloom. It's a really interesting take."

The play itself reflects the value of learning and growing. It's not always an easy road. And a common theme throughout involves coming to terms with identity. "I think students will laugh but they'll also really relate to the struggles that both of the characters go through," said Klinebriel.

If you want to sneak a peek at what "Educating Rita" is all about, you could rent the 80's film starring "The Dark Knight's" Michael Caine. Show times are 7:30 p.m. on April 23, 24, and 25, and on April 26 at 2 p.m.

or charity

musical soloists including Sarah Bell... personally written at the age of 16. The western line dancing preformed by... er, Dennis Dean.



sings "Zoot Suit" talent show.

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April 16, 2009

SPORTS

Men's volleyball season best in program history

kylee miller
sports editor

I feel this season went very well," said junior men's volleyball captain Casey Sawyer. "Post-season was difficult. We strived to reach our goals all season long, and I feel that we were just unlucky with our loss to Warner Southern in our conference tournament."

Clarke men's volleyball ended its season with a record of 18-13, losing to Warner Southern in five games in the first round of the Mid-American Men's Volleyball Intercollegiate Conference in Chicago. Five of the six teams in the conference were ranked within the top 10 in the country at some point during the season. Clarke's highest ranking was eighth in the nation.

"We knew going into the conference tournament that we would face some of the toughest competition in the country," said Coach Chris Miron. "I am not disappointed in the way we played. We played a tough last match of the season."

Sawyer led the team with 22 kills, followed by Travis Wills and Ethan Holly with 13 kills a piece.

"In this year alone the men's team put up the most wins in a year in program history, while also having the highest winning percentage," said Miron. "I think we had an extremely successful season this year."

"I believe that next season will be a whole new level for the men's volleyball program here at Clarke," said Sawyer. The team didn't graduate any seniors this year and will be adding three new recruits for next season.

"I think both the men's team and the coaching staff have high expectations for next year," said Miron. "We want to be one of the top six teams in the country, and not only play at the national tournament, but perform well."



The Clarke men's volleyball team went 18-13 this year.



Clarke goes mad for NCAA basketball

kylee miller
sports editor

UNC was definitely going to win, no question," said freshman Elijah Wedwick. Clarke gathered to watch the NCAA men's basketball championship game between the University of North Carolina and Michigan State on the big screen in the SAC.

The March Madness party was sponsored by the freshmen, sophomore, junior, and senior classes. There was a half time half-court shooting contest and other games for students.

Sophomore communications major Pete Dudek won

the campus-wide March Madness bracket, winning a new Wilson basketball and the right to say he won the contest. Most people didn't see the UNC/ Michigan match-up coming. When Louisville and Pittsburgh lost in the Sweet Sixteen and Elite Eight, the majority of participants in the bracket contest also lost.

UNC won the final game 72-89. UNC has won the last three national title games they have been in: 1993, 2005, and 2009. With this fifth title win, UNC ties Indiana for third overall championships in the NCAA.

Carmelle Zserdin, continued from page 1

Student memories

Though Zserdin is excited about retirement, she can't help but remember the good times she's had at Clarke. One particularly humorous memory comes to mind.

At the end of each semester of Zserdin's ceramics class, the students present their work from the course.

"One semester a student who had not been very skillful or productive during the course presented a lot of wheel thrown pots for her final grade," Zserdin says. "Everyone, myself included, was very surprised at the large variety of lovely glazed pots she put out for assessment."

Zserdin critiqued the students' work and then dismissed them. She kept the student who had presented the beautiful pottery behind.

"I told her we had a small problem to discuss regarding her presentation," Zserdin continues. "The problem being, all the pottery on the table was my unsigned pottery that the student had purchased in the bookstore. The rest of the story...I had to give that lovely bunch of pottery an F."

Lifelong friends

Along with the humorous memories are the sentimental ones.

When Zserdin first arrived at Clarke, she had a lot to learn, but fortunately for her, there were plenty of people who were willing to teach her.

"In my early years I had a lot of support from other young teachers," Zserdin says. "Douglas Schlesier, John and Nancy Lease and Sister Carol Blitgen came to Clarke

about the same time I did. They were energetic, creative, daring and dramatic. They were a treasure trove of support knowledge and experience and fortunately became lifelong friends."

Zserdin has truly enjoyed her time at Clarke and will continue to take advantage of all Clarke has to offer her even after retirement. She has many plans for her future and is excited to get started on completing her new goals.

"Being at Clarke has been a long and fantastic journey," says Zserdin. "Thank you to the students and faculty; it has been a richly rewarding experience."

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campus life



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arts etc.



Clarke senior artists display their work

opinion



See Christian Bale's new movie. Or else.

weather



High 69 Low 48

clarke courier